

**STREET SMART  
PRESENTATIONS**  
NOV. 19, 9 a.m., 11a.m., 1 p.m. at  
Army Community Service  
See page 3 for more information

## BRAC FINAL YEAR:

# Project surpasses 3 million man-hours without lost-time incident

By Brian Dwyer  
USACE Public Affairs

The Base Realignment and Closure project to expand and renovate Brooke Army Medical Center has moved into its final year of construction, having reached a new safety milestone.

Since excavation work began in March 2009, more than three-million man-hours

have been logged on the project without any worker suffering an accident that required time away from the job.

A luncheon involving all 2,000 construction workers and office staff members associated with the project was held at the construction site Nov. 9 to mark the achievement.

See BRAC P9

# Gordon Center classroom dedicated to fallen Soldier-medic

Before his deployment to Iraq and Afghanistan in 2009, U.S. Army Staff Sgt. Ronald J. Spino spent hours

in a Miller School classroom, strengthening the nursing and team building skills that helped him save

fellow Soldiers and civilians wounded in the ongoing war against terrorism.

Killed in Afghanistan almost a year ago, the licensed practical nurse from Connecticut did not return home with the 274th Forward Surgical Team he had so expertly served with for five years.

But in a solemn Veterans Day ceremony Nov. 12, Spino's sacrifice was honored and immortalized when the Army Trauma Training Center dedicated the classroom it uses at the Gordon Center for Research in Medical Education to the unassuming Soldier who

Courtesy photo

(From left) Dr. Michael Gordon, University of Miami President Donna Shalala, Ronald Spino's brother Glen, father James, widow Betty Collier-Spino, daughter Kandice Pressley and Maj. Gen. David Rubenstein stand in front of Spino's portrait in the Gordon Center classroom named in his honor.

See CENTER P10

## VETERANS DAY OBSERVANCE



Photo by Steve Elliott

The Joint Services Color Guard gets ready to post the colors during the Veterans Day ceremony at the Fort Sam Houston National Cemetery Nov. 11. For more photos and stories about Veterans Day events, story pages 14-15.



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# Christmas comes early for 100 wounded warriors

By Esther Garcia  
AMEDDC&S Public Affairs

Christmas came early for 100 active duty and retired wounded warriors on Veterans Day. However, the gifts weren't presented by the usual jolly person in a red suit and white beard, but by angels.

During a ceremony held at their headquarters in San Antonio Nov. 11, the Soldiers' Angels, a volunteer-led nonprofit organization providing aid and support to military members and their Families, donated a new laptop computer to each veteran to thank them for their service.

"We owe everything to our veterans," said U.S. Rep.-elect Francisco Canseco (R-Texas), one of the speakers at the event. "We owe them our freedom, our peace, our prosperity. Everything we have, including the safety and guardianship of the

Constitution of the United States and the values we hold dear, we owe to our veterans who gave a blank check to the United States of America, and said, 'Take my life if you have to, take my limbs if you have to.'

"So today, we honor our special Americans who went into harms' way, fought for us, and made the society we have today. God Bless our veterans, God Bless this, our United States, and it is a privilege to be in the company of great heroes," added Canseco to a standing ovation.

Funding for the laptops came from the Texas Resources for Iraq Afghanistan Deployment Fund, which is operated by the San Antonio Area Foundation, The Dallas Foundation and the Permian Basin Area Foundation, and also from the Air Warrior Courage Foundation.

"This is a great honor.



Photo by Esther Garcia

U.S. Rep.-elect Francisco Canseco and Dominick Ramirez, Miss San Antonio 2011, applaud following the presentation of laptop computers to wounded warriors.

It feels great that there people who support us when we are feeling down and out when we are in the hospital and feel like there is no love," said Staff Sgt. Oscar Guerra, Company A, Warrior Transition Battalion, who was

injured in Iraq and had his leg amputated.

"As we heal up and see the appreciation, it gives more meaning to what we do," Guerra said. "As we drive on and move to bigger things, the love and support we get from all around us

makes it worthwhile."

Sgt. Johnny Sanchez, Company A, WTB, was also injured in Iraq, but stayed with his unit when they went to Afghanistan.

"I got re-injured in

See LAPTOP P13

### Thought of the Week

Don't part with your illusions. When they are gone you may still exist, but you have ceased to live.

— Mark Twain on Deception

### Weekly Weather Watch

	Nov. 18	Nov. 19	Nov. 20	Nov. 21	Nov. 22	Nov. 23
San Antonio	67° Clear	68° Clear	72° Partly Cloudy	76° Partly Cloudy	79° Partly Cloudy	79° Partly Cloudy
Kabul Afghanistan	64° Clear	66° Clear	60° Clear	60° Partly Cloudy	59° Clear	59° Clear
Baghdad Iraq	84° Clear	80° Clear	78° Clear	78° Clear	80° Clear	78° Clear

(Source: Weather Underground at www.wunderground.com)



## News Briefs



### Pine Street Traffic Sign

The Fort Sam Houston Police Department strongly recommends no left turns on Pine Street at Cunningham Street, just before entering the Wilson Gate, Monday through Friday from 6-8 a.m.; and no right turns from Wilson Street to N. Pine Street, Monday through Friday 3:30-5:30 p.m.

### Flu Vaccine Available

Military members, DoD civilians and TRICARE beneficiaries can receive the flu vaccine at Army Community Service, Building 2797 on the following dates: Nov. 18, 23, 24 and 29 from 7:30 a.m.-4 p.m. for adults 18 years and older; and Nov. 30 from 7:30 a.m.-4 p.m. for adults and children 5 years or older.

### American Indian Heritage Month Celebrations

Lt. Gen. Guy Swan III, commanding general, U.S. Army North and Command Sgt. Maj. David Wood will host an American Indian Heritage Month celebration Nov. 19, 11:30 a.m.-1 p.m. at the FSH Quadrangle. Inclement weather, location is Central Post Gym. Call 221-9543.

Brooke Army Medical Center will hold a National Native American Heritage Month Observance Nov. 30, 11:30 a.m.-1 p.m. in the medical mall.

### Street Smart Presentations

Firefighters and paramedics will share work experiences Nov. 19, 9 a.m., 11 a.m. and 1 p.m. at Army Community Service, Building 2797. The Street Smart presenta-

See NEWS P4

# Soldier honored with Purple Heart at BAMC

By Maria Gallegos  
BAMC Public Affairs

A Soldier wounded in Afghanistan was honored for his bravery and selfless sacrifices during a Purple Heart ceremony at Brooke Army Medical Center Nov. 6.

Sgt. Jack D. Williams, an infantryman assigned to Headquarters and Headquarters Company, 1st Battalion, 502nd Infantry, 2nd Brigade Combat Team, was injured in Afghanistan Oct. 9 while on a dismounted patrol when he was struck by an improvised explosive device, resulting in combat injuries.

Brig. Gen. Joseph Carvalho Jr., commanding general, Brooke Army Medical Center and Southern Regional Medical Command, hosted the event with words of praise for the courage, dedication and sacrifices he made to defend our country for our freedom.

The Purple Heart is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action. It is specifically a combat decoration and the oldest military honor in the world in use.



BAMC medical staff, Williams' comrades and Family members gathered during the

ceremony to honor and recognize him for his bravery, courage and selfless service.

Brig. Gen. Joseph Carvalho Jr., commanding general of Brooke Army Medical Center and Southern Regional Medical Command, presents Sgt. Jack Williams with the Purple Heart certificate Nov. 6 at BAMC.  
Photo by Lindan Moya

# Father receives Purple Heart at son's promotion

By Warrant Officer Christina Follett  
470th MI Brigade



Photo by Warrant Officer Christina Follett  
Chief Warrant Officer 3 Clavis Gilbert Jr. presents the Purple Heart to his father, Clavis Gilbert Sr., who is momentarily overcome with emotion.

When Clavis Gilbert Sr. attended his son's promotion to chief warrant officer 2 on Oct. 15, he didn't anticipate receiving a decoration of his own.

However, while members of U.S. Army South and the 470th Military Intelligence Brigade were gathered for the promotion of Clavis Gilbert Jr.; he took the opportunity to present his father with the Purple Heart he had earned for wounds received in Vietnam 40 years ago.

The elder Gilbert enlisted in the Army in May 1962 and in April 1970 deployed to Saigon, Vietnam, as a platoon sergeant. While on a patrol in December 1970, Gilbert's convoy was ambushed.

After reacting to contact, the convoy pushed forward out of the kill zone and rallied at the top of a hill just up the road from the ambush site. While accounting for his Soldiers, Gilbert realized that one vehicle was missing.

Communication between

vehicles was not possible, so Gilbert, as convoy commander, returned to the ambush site and retrieved Soldiers there.

After the area was secured, Gilbert became aware that he was shot twice in the leg and was medically evacuated to Okinawa, Japan, where he spent a month recovering.

Following recovery, Gilbert returned to his unit in Cam Ranh Bay, Vietnam, surprising fellow Soldiers, as members of his unit thought he had died. Gilbert completed his tour in Vietnam and returned to the U.S.

In 1973, a fire at the Army's human resource records repository in St. Louis, Mo., destroyed thousands of documents, including paperwork documenting Gilbert's heroic actions in Vietnam.

In 2003, after years of inquiries and statements attempting to re-document that day in Vietnam, Gilbert finally received his Purple Heart – via certified mail. However, his son wanted him to receive it during a military ceremony and, with the "covert cooperation" of his

mother, LaRue, arranged to make it happen on the occasion of his promotion.

With Family and friends in attendance and Soldiers standing at attention, the orders were read, and the younger Gilbert presented the Purple Heart to his father.

"It was the right thing to do," Gilbert said. "Dad is not a person to give himself a lot of credit, but it was important to my Family to recognize him in among service members."

Attending the event were Lt. Col. Terance Huston, brigade S3 (operations and training officer), who offered words of appreciation on behalf of the unit, and brigade Command Sgt. Maj. Ronald Mason, who presented the Vietnam veteran with a coin of excellence on behalf of the brigade commander, Col. Jim Lee.

The new chief warrant officer 3 said the surprise recognition caught his father off guard.

"I've never seen him that overwhelmed," he said. "I think hearing his story told by someone else brought him back to that day in Vietnam."



## News Briefs

### NEWS from P3

tions, part of the Stay Alive From Education or S.A.F.E. program, were developed with the goal of teaching others, especially young adults and teens, about fatalities caused by impaired drivers, not wearing seatbelts and distracted driving. Displays, booths and agencies will be on hand to answer safety questions on issues such as hunting, holiday lights, sexual assault and more. Call 221-3840.

### Thanksgiving closures

The Housing Service Office, Building 367, Stanley Road, will be closed Nov. 25-26.

The Army Client Services Office, Building 134, Stanley Road, will be closed Nov. 25-26.

### Holiday Tree Lighting Ceremony

The 2010 Holiday Tree Lighting Ceremony will be held Dec. 1, 6 p.m. at the Fort Sam Houston flagpole on Stanley Road. Retreat will begin 30 minutes earlier than normal at 5 p.m.

### Civilian Jobs.Com Career Expo

The Expo is Dec. 2, 10 a.m.-2 p.m. at the Sam Houston Community Center, 1395 Chaffee Rd. All military and prior military can register online at <http://www.civilianjobs.com>. Call 678-819-4170.

### AMEDDC&S Holiday Ball

The 2010 Army Medical Department Center & School Holiday Ball will be held Dec. 9, 6:30 p.m. to midnight at the Hilton San Antonio Airport Hotel. Dress is formal attire and tickets are \$34 per person. For more information, visit <https://www.cs.amedd.army.mil>.

### MEDCOM Band Holiday Concert

The U.S. Army Medical Command Band Holiday Concert will be held Dec. 11 at 7 p.m. at the Scottish Rite Auditorium, downtown by the Alamo. The concert is free and open to the public featuring many different groups, vocalists and Santa.

# Native Americans celebrate heritage with Powwow in Quadrangle

By Lt. Col. Randy Martin  
ARNORTH Public Affairs

Hundreds gathered at the Quadrangle for the Fort Sam Houston Powwow Nov. 13 to see traditional dancers, receive blessings, and learn about the culture and heritage of Native Americans.

It was the 11th annual event of its kind but the first to be held inside this historic compound.

Lt. Gen. Guy Swan III, commanding general, U.S. Army North, read aloud a proclamation signed by San Antonio Mayor Julian Castro for the event. Food and souvenir vendors lined the road while people in traditional dress readied for their parts in the celebration marking November as American Indian and Alaska Native Heritage month.

Erwin De Luna, the president of the United San Antonio Powwow, and emcee for the Fort Sam Houston Powwow, opened the event waving burnt sage over participants for the Blessing of the Ground.

"Every song we will sing, and every dance, has meaning," De Luna said. "Each is passed from generation to generation orally and is not written down."

De Luna, a hearings officer for the Texas Health and Human Services Commission in San Antonio, grew up on Fort Sam Houston, the proud son of an Army noncommissioned officer.

"Having this powwow in the Quadrangle is significant to Native Americans because one of our people, Geronimo, was held here as a prisoner of war," De Luna said. "Over a hundred people are here today from all over, and we would like to do this here again if the Army allows it."

Pfc. Kevin Mitch, an Advanced Individual Training student, watched festivities with other volunteers on hand from the reception station.

"I think it's really cool how the Army incorporates different cultures," said Mitch, who hails from Cleveland, Ohio. "You don't see that much where I'm from."

He and other Soldiers were welcomed inside of what De Luna called the "arena," an inner circle for dancers and musicians, and welcomed by Native American participants.

Sgt. 1st Class Melanie Locklear, the Fort Sam Houston equal opportunity adviser, helped explain various cultural aspects of the activities, instruments, and traditions.

"This is the first time I have not danced in a powwow," Locklear, herself of Native American decent, said. "A lot goes into preparing for one of these events."

Locklear said that the post-wide National American Indian Heritage Month Celebration will be held Nov. 19, 11:30 a.m. to 1 p.m. at the Quadrangle.



Erwin De Luna, president of the United San Antonio Powwow, wafts smoke from burning sage onto Lt. Gen. Guy Swan III, commanding general, U.S. Army North, for the Blessing of the Ground ceremony to begin the Native American and Alaska Native Heritage Month observance in the Quadrangle.



Native Americans perform traditional dances during the Native American and Alaska Native Heritage Month observance Nov. 13 in the Quadrangle.



Native American gourd dancers accompany the drummers.



Photos by Lt. Col. Randy Martin

Native Americans perform traditional dances during the American Indian and Alaska Native Heritage Month observance Nov. 13 in the Quadrangle.

6 X 9.75

## LORENZ RETIRES AFTER 37 YEARS

The commander of Air Education and Training Command, Gen. Stephen R. Lorenz, will retire in the grade of general effective Jan. 1, 2011, culminating more than 37 years of commissioned service. His retirement ceremony was held Nov. 17.



## WWII VETS VISIT D.C.



**Courtesy photo**

Milton Stile (center), who served in Casablanca, Morocco, and in Oran, Algeria, and other WWII veterans are led through an honor cordon of service members from throughout Joint Base San Antonio and applauded for their service at the San Antonio International Airport Nov. 5. Alamo Honor Flight, a local non-profit organization, financed a free trip for the veterans mostly from Bexar County to visit the WWII Memorial and several other memorials in Washington, D.C. This is the second such trip by Alamo Honor Flight. "These veterans are very special," said Tracy Huff, chairman of the board and president, Alamo Honor Flight. "They saved the world. We owe these guys a lot."



# BAMC internal medicine moving

By Susan A. Merkner  
SAMBIO Public Affairs

Internal medicine services at Brooke Army Medical Center are moving into newly-built transitional office space this month with minimal impact on patient services expected.

Effective Nov. 22, the internal medicine clinic will be located in C Lot 1, which can be reached by following the raised walkway on the east side of the driveway outside the hospital's medical mall entrance.

The internal medicine clinic was scheduled to close Nov. 17-19 to complete the move from the hospital's third floor to

the new transition space. Internal medicine Service Chief Douglas Boyer said patient care will not be interrupted significantly by the change, except for the three-day closure for moving.

The internal medicine clinic's staff of 20 health care providers and 28 medical residents and interns treat more than 110 outpatients daily, as well as a significant number of BAMC inpatients, Boyer said.

Among internal medicine's services are adult and geriatric medicine, an American Diabetes Association-recognized diabetes education and self-management pro-

gram, group appointments for diabetic and geriatric care, disease prevention, specialty consultations, health promotion, preoperative evaluations, medication management, disease management, cholesterol management, nutrition counseling, behavioral health counseling, EKGs, shot clinics and joint injections.

The internal medicine service is one of 13 independent services within the BAMC department of medicine, which provides health care services to adult inpatients and outpatients.

"We're excited that this transition represents the next step in our move to the Consolidated Tower when that area is complete," Boyer said.

The internal medicine clinic is open 7:30 a.m. to 4:30 p.m. Monday through Friday. To book an appointment, call 916-9900. The main clinic number is 916-5000.



Photo courtesy U.S. Army Corps of Engineers

An aerial view of Brooke Army Medical Center shows the new C Lot 1 clinical swing space, outside the hospital's medical mall entrance.

## BAMC neurosurgery moving to transitional space

By Susan A. Merkner  
SAMBIO Public Affairs

The Brooke Army Medical Center neurosurgery clinic is moving into newly-built transitional office space effective Nov. 19.

The clinic will be located in C Lot 1 clinical swing space, outside the hospital's medical mall entrance.

Neurosurgery and the internal medicine clinic, which relocates into the transitional space Nov. 22, are the first two services to move into the new space. The moves are part of the Base Realignment and Closure process to form the new San Antonio Military Medical Center.

The neurosurgery clinic is scheduled to close Nov. 16-18 while the move from the hospital's fifth floor west bed tower is completed.

Staff Sgt. Sharon Moore, neurosurgery clinic NCOIC, said signs are expected to be posted at the C Lot 1 location directing patients to the new clinics.

The clinics can be reached by following the raised walkway on the east side of the driveway outside the hospital's medical mall entrance.

The neurosurgery clinic's staff includes approximately 10 physicians, two medics, one licensed vocational nurse and administrators who treat an estimated 25 to

30 outpatients daily, as well as numerous BAMC inpatients, Moore said.

Neurosurgery inpatient services include procedures involving the brain and central nervous system, and spine.

The neurosurgery clinic is one of 11 clinics and services within the BAMC department of surgery, which provides diagnostic services, care and treatment for patients.

The clinic's permanent location will be on the hospital's second floor following renovations.

The neurosurgery clinic is open 7:30 a.m. to 4:30 p.m. Monday through Friday. To schedule an appointment call the clinic at 916-2757.

Internal medicine clinic medical support assistants (seated, from left) Rachel Valasquez, Gina Brown and Belita Benard discuss clinic operations Nov. 8 with NCOIC Staff Sgt. Joshua June in the clinic's new transitional space in C Lot1.



Photo by Susan A. Merkner

# Veterans helping Veterans – the Memorial Service Honor Guard

The Memorial Service Detachment Honor Guard is composed of retired and former military service members who ensure that all veterans interred at Fort Sam Houston National Cemetery receive proper burial honors, complete with military honor guard, rifle volleys and playing “Taps.” The group performs at a moments’ notice, rain or shine. The average age of members is 75 and includes veterans from World War II, Korea, Vietnam and First and Second Gulf Wars. To date, the MSD has rendered honors at over 23,801 military funerals. It is one of the few volunteer organizations in the country providing final salute in national cemeteries.

(Right to left) Col. Mary E. Garr, commander, 502nd Mission Support Group; Marge Reyna, district office manager; Rep. Ruth McClendon, D-TX; retired Air Force Lt. Col. Denver McClendon; and retired Army Maj. Gen. Alfred Valenzuela pose for a photo at a banquet honoring members of the detachment. Valenzuela was the keynote speaker for the banquet.

Photos by  
Esther Garcia



Brig. Gen. Manual Ortiz, deputy commander, U.S. Army South, meets Army National Guard retired Sgt. Victor R. Pena. Pena has been with the MSD for two years. Ortiz welcomed everyone to Fort Sam Houston and thanked the members for their contributions.



Members of the MSD take time out for a group photo following a banquet held in their honor hosted by State Representative Ruth McClendon Nov. 8 at the Fort Sam Houston Golf Course Clubhouse. “Thank you for letting me honor you in this very special way for your contributions and we honor your selfless service – veterans helping veterans,” said McClendon.



**BRAC from P1**

The project's safety record stands out when compared to data for the construction industry as a whole. According to data from the U.S. Bureau of Labor Statistics, in 2009 there were 4.2 injury cases for every 100 full-time workers in the construction industry and 1.6 cases of days away from work for every 100 full-time workers in this industry.

The prime contractor for the construction is a joint venture involving Clark Construction and Hunt Construction Group and the project is being overseen by the Fort Worth District of the U.S. Army Corps of Engineers.

Sid Jordan, CEO Northern/Southern Region for Clark Construction, and Col.



Courtesy photo

A luncheon for the 2,000 construction workers and office staff was held Nov. 9 to mark the 3 million man-hour milestone.

Richard Muraski, commander of the Fort Worth District, addressed the audience and praised the workforce's commitment to safety. Muraski also noted the signifi-

cance of the project, pointing out that officials at the highest levels of the Pentagon are following its progress.

BAMC's expansion involves construction of a

seven-story, 760,000-square-foot addition that will provide space for 200 more beds, a Level 1 trauma center, operating rooms, clinical and administrative space, and

an extension of BAMC's internationally acclaimed burn center.

A central energy plant and a 5,000-space parking garage are also being built. More than 300,000 square feet of space in the existing hospital is being renovated. When completed in 2011, the complex will absorb the inpatient and civilian trauma care services currently provided at Wilford Hall Medical Center. A new Wilford Hall replacement facility is being built to focus on outpatient surgical and clinical services.

Sustainability is being

incorporated throughout the project, which is being completed according to standards of the Leadership in Energy and Environmental Design green building program administered by the U.S. Green Building Council.

This program promotes improved environmental and human health performance through the use of designs and materials that produce energy savings, water efficiency, carbon dioxide emissions reduction, and improved indoor environmental quality.

**CLASSROOM from P1**

was a role model and father figure to his unit.

“He had a steady and even hand,” his commanding officer, Maj. Robert Blease, told Spino’s Family and the Soldiers, firefighters, physicians and others gathered in the Broad-Bussel Auditorium for the dedication of the classroom and its Wall of Heroes.

“You couldn’t rock the man. You couldn’t shake him.”

University of Miami President Donna E. Shalala, proudly noting

that every generation of her family has served in the U.S. Army since their arrival in the U.S., said the tribute to Spino offered a chance to “keep the light of hope shining in the midst of darkness.”

“Although we cannot fill the void left by Sgt. Spino’s tragic loss, we can offer those who loved him our promise to never forget his sacrifice,” Shalala said.

“The Spino classroom and the Wall of Heroes will help us to fulfill that promise.”

Dr. Jeffrey Augenstein, professor of surgery and

director of the William Lehman Injury Research Center, said the Ryder Trauma Center is honored to be home to the ATTTC, and take part in training the forward surgical teams who spend two weeks on the medical campus immersed in the real-time, real-life, team-focused experiences of saving lives before heading to Iraq and Afghanistan.

“This war has had perhaps the most catastrophic injuries of any war in history and yet the outcomes from severe injuries have literally been the best in his-

tory,” Augenstein said. “That is due to the men and woman who put their lives at risk every day to provide care to our injured Soldiers.”

Maj. Gen. David Rubenstein, who commands the U.S. Army Medical Department Center & School, said about 25 percent of the Soldiers who suffered gunshot or explosive wounds in previous wars died; today, about half as many die.

“The partial reason for that is what goes on right here. What goes on is the training of surgeons, nurses and their

enlisted medical staff so that when they get to Iraq, when they get to Afghanistan, they’re not learning on that first casualty that comes in the door. They’ve seen it. They’ve experienced it,” Rubenstein said.

“Because of the didactic opportunities in the Gordon Center, because of the hands-on opportunities at the Ryder Trauma Center, this is not exploratory learning.”

Dr. Michael Gordon, associate dean for research in medical education who founded the Gordon Center 40 years ago to apply advanced technology to medical education, presented Spino’s widow and daughter a replica of the glass plaque that now graces the entrance of Room 229B: “Staff Sergeant Ronald J. Spino Army Trauma Training Center Classroom for selfless service and dedication to a grateful nation,” it says.

Acknowledging that no plaque nor memorial could do justice to Spino’s sacrifice, Lt. Col. (Dr.) George D. Garcia, assistant professor of surgery and director of the ATTTC, pledged that Soldiers who walk through the door that now bears his name will strive to live up to his example.

“Please know that, as long as we are here, all who come to train and all who come to visit will see his name and hear his story and he will never be forgotten,” Garcia told the Spino Family.

Miami’s U.S. Congresswoman Ileana

Ros-Lehtinen also honored Spino by presenting his father and brother a flag that was flown over the U.S. Capitol in his memory.

Unfortunately, Spino could be saved by neither technology or training when, on Dec. 29, 2009, just a month shy of ending his third tour of duty, he placed himself in harm’s way to protect fellow members of the 274th.

He was, Blease said, helping unload medical supplies from a helicopter at a small forward base in Bala Morghab, Afghanistan, when an agitated Afghan soldier approached, waving his weapon. Stepping up, Spino gave his fellow Soldiers time to take cover, and was shot several times.

“If he hadn’t have stepped forward, from what I’m told, multiple other people would have died,” Blease said. “The soldier was subdued, and no one else was injured.”

But now, as Garcia pledged, the plaque outside Room 229B ensures Spino’s sacrifice will not be forgotten.

And, inscribed with the words of U.S. President John F. Kennedy, another plaque hanging inside, just above Spino’s portrait on the Wall of Heroes, poignantly explains why: “A nation reveals itself not only by the men it produces but also by the men it honors, the men it remembers,” it says.

*(Source: University of Miami)*



$1 \times 3$  $1 \times 3$  $1 \times 3$  $3 \times 3$  $3 \times 3$  $3 \times 9.75$

# Risk factors focus of 'Tell a Friend' breast cancer awareness luncheon

By Maria Gallegos  
BAMC Public Affairs

Breast cancer awareness committees from Brooke Army Medical Center, Wilford Hall Medical Center and The American Cancer Society collaborated to present an 11th annual "Tell a Friend" luncheon at the San Antonio Country Club Oct. 29.

Karen Martinez, KABB Fox 29 anchor, emceed and opened the event followed by host Brig. Gen. Joseph Carvalho Jr., BAMC and Southern Regional Medical Command commander.

Martinez spoke about being a cancer survivor and how early detection gave her more resources

to fight the disease. Early detection is one of the important ways to fight the illness before it becomes severe. The lifetime risk for women is 1-in-8 and increases with age she said.

"Remember to tell everyone who is over the age of 40 to go get a mammogram," Martinez said.

Dr. Amy Lang, a hematologist-oncologist, also known as the "Texas Super Doctor" was guest speaker and stressed the importance of a healthy diet and how daily exercise will lower the risk of cancer.

Lang said women take care of so many people throughout life; they often forget to take care of themselves. Stress,

poor health and lack of exercise can put women into the high risk category of breast cancer she said.

She said programs offered to women with breast cancer are available to help relieve tension and promote positive health through physical activity.

Classes are available for free via Deriving Inspiration and Vitality through Activity or DIVA, a nutrition and exercise program for women with breast cancer and Inspiritas, a spa center that offers patients a place for serene retreats where treatments to relieve the pain associated with cancer and cancer treatments are offered.

"Inspiritas focuses on treatment modalities for which there is good evidence of benefit for cancer patients," Lang said.

According to the DIVA website, their research shows that women who exercise 1-3 hours per week, following recommended hormonal and chemotherapy, have a 25 percent lower mortality rate from breast cancer. Women who exercise 3-8 hours per week have reduction in breast cancer mortality of 50 percent.

Lang emphasized that every woman over the age of 40 schedule a mammogram as soon as possible as early detection could save one's life.

For information on DIVA go to



Photo by Maria Gallegos

Brig. Gen. Joseph Carvalho, Jr., commander, Brooke Army Medical Center and Southern Regional Medical Command, gives his coin to Dr. Amy Lang for her support in the Breast Cancer Awareness luncheon.





Photo by Sfc. Sharaell Williams

(Left to right) Command Sgt. Maj. Anthony Ashford, Sgt. Jonathan Boeddiker, Spc. Matthew Bobst, Pfc. Alan Benson, Pvt. Alicia Lochner, Pfc. Randi Diercks, Lt. Col. Timothy Hudson, Sgt. 1st Class Vericel Grubb, Capt. Joseph Taylor and Sfc. Luisnel Garcia.

## Company B, 264th wins second straight warrior challenge

By Sfc. Sharaell Williams  
264th Medical Battalion

The 264th Medical Battalion held their 3rd Annual Warrior Challenge Oct. 23 where Company B defended their title as champions again this year.

The challenge consisted of a physical training competition, weapons

qualification, a three mile road march, and warrior tasks/battle drills testing.

Events occurred at several locations on Fort Sam Houston.

"The warrior challenge embodies the characteristics of the warrior spirit and aids in building disciplined, physically and mentally tough Soldiers who are trained

and proficient in their tactical skills," explained Lt. Col. Timothy Hudson, commander.

"The competition fosters teamwork, esprit de corps, and serves as the varsity event for the battalion. The Soldiers who participate embody the total Soldier concept," Hudson said.

### LAPTOP from P2

Afghanistan, so I was sent home to take care of myself. It was great to come home to San Antonio and have tacos again," Sanchez said. "Today – Veterans Day – reminds me of the service my father gave and my brother gave, not so much of what I gave, but what I am going to continue to give to my country."

Soldiers' Angels was founded in 2003 by Patti Patton-Baden when her son, Brandon, who was

deployed to Iraq, told his mom that some deployed Soldiers did not receive any mail or support from home. Within a few months, Soldiers' Angels grew from one mother writing letters to an Internet community of thousands of "angels" worldwide.

"Something like this is overwhelming," said Sgt. 1st Class Jerry Ramirez, who was wounded in Afghanistan. "I felt like I wanted to shed a tear with the history and all the people going up to speak. It's one thing to be

involved in combat and see the enemy, because it is very life changing and could alter your perception.

"Days and events like this makes it little bit more worth doing it, understanding why you did it, and why you still continue to do it," Ramirez said.

"Even if there were no laptops involved, I would still go back out if I could do it again and do a tour in Afghanistan again.

"It is all great; a great day."



Members of the Bexar County Buffalo Soldiers Association post the colors.

Photos by Lori Newman

Dressed in period uniform, Richard Steen sounds "Taps" during a ceremony honoring military veterans past and present.



The Fort Sam Houston Honor Guard fires a salute during the Bexar County Buffalo Soldiers Commemorative Ceremony at the San Antonio National Cemetery.



(From left) Brig. Gen. Arnold Gordon-Bray, Installation Management Command; Maj. Gen. Simeon Trombitas, commanding general, U.S. Army South; Lt. Gen. Guy Swan III, commanding general, U.S. Army North; and District 2 Councilwoman Ivy Taylor listen to guest speaker Maj. Michael Burns.

# Buffalo Soldiers honor veterans, their history

By Lori Newman  
FSH Public Affairs

Dressed in period uniforms, members of the Bexar County Buffalo Soldiers Association honored veterans Nov. 11 at the San Antonio National Cemetery during the Bexar County Buffalo Soldiers Commemorative Ceremony.

The Bexar County Buffalo Soldiers Association is a nonprofit organization dedicated to educating the public about the history of Buffalo Soldiers and Black Indian scouts and their contributions in settling the western U.S. in the late 1800s.

According to the Buffalo Soldier National Museum website, in 1866, through an act of Congress, legislation

was adopted to create six African-American Army units, identified as the 9th and 10th cavalry and the 38th, 39th, 40th, and 41st infantry regiments. Later the four infantry regiments were reorganized to form the 24th and 25th infantry regiments.

"Throughout our history African-American Soldiers have fought bravely in every American war since the Revolutionary War," said Gill Gallo, director of the San Antonio National Cemetery.

"Even during the time of slavery and racial discrimination these warriors fought bravely for their country," Gallo said.

"The Cheyenne warriors nicknamed the Soldiers of the 10th Cavalry 'Wild Buffalo,' out of respect for their superi-

or fighting abilities, hence the name 'Buffalo Soldier,'" Gallo explained.

The guest speaker for the ceremony was Maj. Michael Burns, minority admissions officer at the U.S. Military Academy at West Point.

"My story is simple. It is a story lined with opportunities that only existed because trailblazers, like the ones who are on this field, decided to stand up and tackle challenges many deemed unconquerable," Burns said.

Burns described his childhood and how his mother helped him develop into the person he is today.

"She reminded me every day that the only person who would stop me from achieving my goals and my dreams was me," he said.

He also credited a sergeant major in

his Junior ROTC program for teaching him how to present himself.

"He taught me that no matter what, you are a man first and that respect is not owed, it is earned," Burns said. "He allowed me to see that there are things out there that are worth defending and possibly dying for, and that there is no profession more honorable than that of a Soldier."

"My Soldier's story is our Soldiers' story," he said. "I am a product of the blood, sweat and tears of those who have come before me, a product of the men and women who are buried right here in this cemetery."

There are 281 identified Buffalo Soldiers interred at the San Antonio National Cemetery.



# At FSH National Cemetery, Veterans Day ceremony honors past and present heroes



Photos by Steve Elliott

(Above) Red ribbons in tribute of Veterans Day adorned each grave marker at Fort Sam Houston National Cemetery Nov. 11.

(Right) Sgt. Rudolfo Furtado is joined by (from left) the Honorable John W. Primomo, son Landon and his wife, Spc. Leslie Furtado after the naturalization ceremony.



Various veterans groups and military and civic organizations laid banners and wreaths around the flagpole at the conclusion of the Veterans Days ceremony.



Members of the District 20 Veterans of Foreign Wars pay their respects during the playing of the National Anthem.

By Steve Elliott  
FSH Public Affairs

The gray sky and intermittent drizzle did nothing to dampen the patriotic spirit of about 1,500 people who came out to honor service members, past and present, at the Veterans Day ceremony at the Fort Sam Houston National Cemetery Nov. 11.

Among those gathered in solemn tribute were older veterans of wars long past who took their uniforms out of storage for another year's remembrance.

There were Families tearfully remembering a loved one lost in combat and laid to rest among thousands of others in the expansive and historic cemetery.

And there was one group for which Veterans Day marked a new chapter in their lives, as they were officially sworn in as citizens of the United States of America.

Twenty-three veterans from countries around the world who have served or are still serving in the U.S. military raised their right hands and swore their allegiance to America in a naturalization ceremony conducted by the Honorable John W. Primomo, U.S. magistrate judge for the western district of Texas. The new citizens then got a long standing ovation from the crowd gathered for the musical tribute to veterans at the cemetery.

Forgoing the usual guest speaker, it was instead a day of patriotic songs and stirring instrumentals as the U.S. Army Medical Command Band, the Texas Children's Choir and the San Antonio Chordsmen thrilled listeners with stirring renditions of "God Bless America," "Stars and Stripes Forever" and the "Battle Hymn of the Republic." And service pride was on display as the band, playing a medley of all the service songs, inspired different parts of the crowd to stand up and sing.

For the band's Sgt. Rudolfo Furtado, it was a day that was very special.

"This was planned for a long time," said the Army musician, who had his

wife and infant son at the ceremony as well. "Between deployments and PCS moves, priorities change, like us having a baby.

"I started the paperwork five years ago and then put it on hold," said Furtado, who usually plays guitar, bass and string bass, but was playing percussion for the ceremony. "When I finally got everything together, I wanted the full band in blues there for my ceremony, which usually happens at the Institute of Texan Cultures downtown."

When Furtado discovered the Veterans Day ceremony would include the entire band in their blue uniforms, he said he was excited that all his band mates would be present.

"I had wanted it to happen a little earlier so I could have voted in the Nov. 2 elections, but this was pretty memorable," Furtado said with a wide smile as he accepted congratulations from friends and Family. "I felt I was an American before the official ceremony. I was born and raised in Fortaleza, Brazil, but I was an American in my heart. This just made it official.

"This Veterans Day will always have a double meaning for me," the sergeant said. "It was a day for veterans and it was the day I became a citizen."

Before the naturalization ceremony, numerous wreaths and banners from veterans groups and civic and military organizations were placed around the main flagpole. They were placed by elderly vets using canes and wheelchairs, a group of Native American vets in ceremonial regalia and Boy Scouts and Girl Scouts.

They passed rows of graves, marked with red ribbons, as each group paid their respects to fallen veterans while a lone bugler played "Taps" in the background.

After the ceremony, smaller groups gathered at individual grave markers, paying their respects in private to those who had given the ultimate sacrifice for their country.

# Cole partners with History Channel, Time Warner Cable to honor vets

By Staff Sgt. Keith Anderson  
ARNORTH Public Affairs

Students at Robert G. Cole Middle School brought a veteran with them to honor veterans and their Families during "Take a Vet to School Day" Nov. 10.

The school partnered with the History Channel and Time Warner Cable for the "Take a Vet to School Day" national campaign, which links veterans with young people in schools and communities, and includes curriculum for students that "enhances the learning of veterans' experiences and their contributions to society," according to Laura Aplin, communications manager for Time Warner Cable.

The rights and free-

doms Americans have today are because of the nation's veterans, said Texas State Sen. Leticia Van de Putte (D-San Antonio), chair of the Senate Veteran Affairs and Military Installations Committee, to students, veterans and faculty at the event.

"The only reason we can do those things is because of the price that has been paid, generation after generation, by our veterans," Van de Putte said. "Our country is strong, our state is strong and our communities are strong because of the men and women that have served in the armed forces."

Brig. Gen. Manuel Ortiz, deputy commanding general, U.S. Army South, thanked veterans

and their families for their service.

"In my opinion, 'veteran' is a title; it is a title of respect, it's a title they've earned," Ortiz said. "Right next door to Cole is a national cemetery — it's hard to find the words, not only for those who've served, but also for the families of those who've served."

The Cole Junior Reserve Officer Training Corps color guard began the day with a presentation of the colors, and the Cole Middle School band performed the songs of the Air Force, Army, Navy, Marines and Coast Guard. Van de Putte went down the row of veterans and active duty service members to personally thank each member and to present each with her

challenge coin, a military tradition.

For the service members at the assembly, seated in front of their children, the day was special.

"It meant a lot to me," said Marine Staff Sgt. Christopher Silva, 4th Recon Battalion, Fort Sam Houston. "My son, he's proud of his dad and he asked me to come — and it's the Marine Corps birthday."

The assembly was also an important lesson for the students.

"I think it showed our children that our service members matter and that they help protect our freedom," said Stephanie Velasquez, wife of Sgt. 1st Class Guadalupe Velasquez, U.S. Army North.

Guadalupe Velasquez said their daughter, Alexandria, was very moved by the assembly.

"She's in tears," he said. "She was very excited."

School district personnel were grateful for the opportunity to recognize veterans and their Families, said Gail Siller, Fort Sam Houston Independent School District superintendent.

"Words cannot express the gratitude we have for the men and women who have served, or are currently in harm's way, for the sake of freedom," Siller said. "As students and their veterans or active duty guests were introduced and honored, it was evident military service was reflected across generations."

**FORT SAM  
HOUSTON  
INDEPENDENT  
SCHOOL DISTRICT  
THANKSGIVING  
HOLIDAY  
NOV. 22-26  
SCHOOL RESUMES  
NOV. 29**

**Robert G. Cole Middle and  
High School**

## Nov. 22

Student holiday/staff development day  
JV/V Girls Basketball vs. Johnson City at Cole, 5 and 6:30 p.m.

## Nov. 23

Student holiday/staff development day  
JV Boys Basketball vs. Kennedy, JV(b) at 5 p.m. / JV(a) at 6:30 p.m.  
Varsity Boys Basketball vs. Kennedy at Cole, 8 p.m.



6 X 9.75



# Announcements

**Know More. Save More.**  
**Text FORTSAM to 839863.**

To receive limited text messages for community events, restaurant specials, discount tickets to secret sales events and more text FORTSAM to 839863. Subscription is free, and interests can be updated at any time by visiting <http://www.portsamhous-tonmobile.com>. Standard text mes-

saging rates apply.

## Fort Sam Houston Boxing Team Needs Members

The Jimmy Brought Fitness Center is looking for patrons to build a competitive boxing team for Fort Sam Houston and Brooke Army Medical Center. No experience is necessary; however a competitive attitude is needed. Males and females are encouraged to participate. Call 314-6345 for more information.

## “Driving Miss Daisy” at the Harlequin Dinner Theater

Every Thursday, Friday and Saturday through Dec. 18. Dinner is served at 6:15 p.m. with an 8 p.m. curtain. Tickets are \$33/civilians, \$30/military, \$26/students, and \$16.50/children 12 and under. Call

222-9694.

## Microsoft Office

Nov. 23 — Introduction to Computers  
 Nov. 30 — Word Level 2  
 Classes are held 8 a.m.-noon at Army Community Service, Building 2797.  
 Registration is required. Call 221-2518/2705.

## English as a Second Language

The class meets Mondays and Fridays, 5-8 p.m. at ACS, Building 2797, use back entrance. This class is free and designed especially for foreign-born spouses to improve reading comprehension, vocabulary and pronunciation. Classes are appropriate for the beginner, intermediate and advanced student with individualized group instruction. To register, call 221-1681/9698.

## 2010 Army Photography Contest

If you’re a Family and MWR patron and would like to enter some of your favorite photos, submit entries before Nov. 30 to <http://www.arts.armymwr.com>. Cash prizes will be awarded for the top three photos.

## Single Soldiers Survey

The Better Opportunities for

Single Soldiers program would like to know how to improve your quality of life, ideas on giving back to the community and how to provide the best recreation and leisure activities. Log onto <http://www.boss.armymwr.com> and share your thoughts. Survey closes Nov. 30.

## Army Kids Study Strong

Army is offering free resources and tutoring for children of active, wounded, reserve component, National Guard and Army civilians. Visit <http://www.tutor.com> for real-time 24/7 help in math, English, science, history, book reports, SAT, ACT and more.

# Calendar of Events

## Nov. 18 Family Readiness Group Leadership Academy

The training is Nov. 18-19, 8 a.m.-4 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

## Sponsorship Training

The training is 2-3 p.m. at ACS, Building 2797. Call 221-2418.

## Nov. 19 Federal Resume Writing

The class is 9 a.m.-noon at ACS, Building 2797. To register, call 221-0427/2705.

## Balancing Marriage and Baby

The class is 11 a.m.-1 p.m. at ACS, Building 2797. To register, call 221-0349.

## Texas Hold ‘Em

A No Limit Texas Hold ‘Em tournament will begin at 6 p.m. at the Sam Houston Community Center. Prizes awarded to top eight players. Cost is \$20 and includes meal and unlimited soft drinks. Must be 18 years or older and registered to play before 6 p.m. on event day. Call 226-1663.

## Nov. 20 5K Run/Walk

The event begins at 9 a.m. at the Jimmy Brought Fitness Center. Entry is free and T-shirts are \$10. Call 221-1234.

## Nov. 23 Family Readiness Support Assistant

The training is Nov. 23-24, 8 a.m.-3:30 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

## H.U.G.S. playgroup

The playgroup for parents and children birth to 5 years old meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Building 2515

Funston Road, for interactive fun play. Call 221-0349/2418.

## Baby Talk

The discussion group meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Light snacks and drinks are provided. Call 221-0349/0655.

## Nov. 24 Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

## Exceptional Family Member Program Support Group

The group meets Wednesdays, 6-7:30 p.m. at the School Age Services, Building 1705, Dodd Boulevard. Registration is required, dinner and child care provided. Call 221-2604.

## Dec. 1 Holiday Tree Lighting Ceremony

The ceremony is 6-8 p.m. at the Fort Sam Houston flagpole on Stanley Road.

## Dec. 31 New Years Eve 5K Run/Walk

Runners should arrive at Jimmy Brought Fitness Center at 11:30 p.m. Registration is free.

6 X 9.75



# Texas Honor Ride thanks wounded veterans, Families

By Phil Reidinger  
AMEDDC&S Public Affairs

Close to 800 motorcycles and support vehicles traveled from Houston and other Texas cities to salute wounded warriors and Families during the Texas Honor Ride Nov. 13 with Salado Creek Park as the final destination.

The group celebrated its fifth

anniversary this year.

During the ride, the bikers were escorted by the Blue Knights motorcycle patrols associated with state, county and municipal police departments.

This year, riders from American Legion Post 593 in Converse stationed members on the overpasses along Interstate Highway 10.

Velma Smith, a rider and a member of the American Legion Post who works at U.S. Army Medical Command, helped organize the salute to the bikers.

"It was awesome. Traffic on the highway honked horns to recognize us and the riders waved to salute our effort to thank them for making the trip every year," Smith said.



Courtesy photo



Photo by Phil Reidinger

Close to 800 motorcycle riders followed by a caravan of support vehicles thundered down Binz-Englemann Road to Salado Creek Park.

Terry Mullinburg, Texas Honor Ride coordinator, presents 502nd Mission Support Group commander, Col. Mary Garr, and Warrior and Family Support Center program manager, Judith Markelz, with a banner signed by all the riders who participated.



Texas Honor Ride veterans salute wounded warriors assigned to Brooke Army Medical Center for medical care and physical therapy rehabilitation.



Warrior and Family Support Center volunteers served more than 800 motorcycle riders at Salado Creek Park.

Riders, wounded warriors, and their Families are treated to Rudy's BBQ at Salado Creek Park Nov. 13.

Photos by Phil Reidinger



## Announcements

### Volunteers Needed

Brooke Army Medical Center Nursing Service needs 10 volunteers to work on the wards as listeners. This position involves listening to patients and family members who are coping with injury or illness. Call 808-4980/4982 for information.

### Mentoring Opportunities

JBSA School Liaison Offices are in need of responsible, consistent adult role models to serve as mentors for students in local elementary, middle and high schools. Mentors will receive sufficient training and support to ensure that they and their mentees have a positive experience. Mentors may participate in a number of activities with students, such as helping with homework, playing games, reading together, playing sports, or just hanging out and talking. Call 221-2256/2214.

### Adopt-A-School/Classroom Program

JBSA School Liaison Offices Adopt-A-School/Classroom Program fosters a better understanding of the community's school system, strengthens and improves school programs and curricula, and creates a sense of personal involvement and interaction between JBSA and our schools. Call 221-2256/2214.



automatic, power steering, brakes, locks, windows, cruise control, AC, stereo radio and CD player and tinted windows, runs great, \$8,200. Call 954-5794.

**For Sale:** Shih Tzu puppies, 6 weeks old, white and brown male

**For Sale:** 2007 Toyota Yaris, Jade color, 62K miles, four-door, four-wheel drive, four cylinder,



# REMINDER CALENDAR



<b>Nov. 18</b>	Consolidated Monthly Retirement Ceremony, 11 a.m., FSH Quadrangle
<b>Nov. 19</b>	National American Indian Heritage Month Celebration, 11:30 a.m.-1 p.m., FSH Quadrangle
<b>Nov. 20</b>	5K Fun Run/Walk, 9 a.m., Jimmy Brought Fitness Center
<b>Nov. 25</b>	Thanksgiving
<b>Nov. 30</b>	Newcomers Extravaganza, 9:30-11 a.m., Sam Houston Community Center
<b>Dec. 1</b>	Holiday Tree Lighting, 6-8 p.m., Fort Sam Houston flagpole

## Calendar of Events

### **NOV. 18** FSH Preservation Society

The Society for the Preservation of Historic Fort Sam Houston meets for a light lunch at 11 a.m. and the movie "Soldiers in White" will be shown at noon. Visitors are welcome. Call 527-9513, 824-1917 or 646-5704.

### **MOAA Meeting**

Social starts at 11 a.m., with lunch at 11:45 a.m. at the Army Residence Center. Cost is \$15, menu choices are orange roughly or ribeye steak, Guest speaker is Sig Christenson, military correspondent, San Antonio Express News. Call 228-9955.

### **NOV. 19** Neanderthal Trail Run

Run starts at 6:30 a.m. at Building 5130 on Camp Bullis. The event is open to military and DA civilians. Call 295-7620 for information.

### **22nd Annual** Weihnachtsmarkt

A German Christmas market will be held Nov. 19-20, 10 a.m.-6 p.m. and Nov. 21, 11 a.m.-5 p.m. in New Braunfels at the Downtown Civic Center, 380 S. Seguin Ave.

### **Nov. 21** Costco issues special invitation to military

The Costco Wholesale store in Selma, Texas invites Fort Sam Houston military members and their Families to shop at that location 10 a.m.-6 p.m. by showing a military I.D. card. For more information, call 332-1082.

### **DEC. 28** South Texas All Academies Ball

The ball begins at 6:30 p.m. with a social hour at the JW Marriot San Antonio Hill County Resort & Spa. Tickets are \$55 per person, reserve by Dec. 1. Hosted by the West Point Parents' Club of South Texas, visit <http://www.wppc-st.org>.

and females, no papers, \$150. Call 602-6560.

**For Sale:** Five piece large entertainment center, rustic, \$350; three glass-top tables includes coffee, end and sofa table with two lamps, \$75; all items in very good condition. Call 488-3175.

**For Sale:** Santa suit, new, never opened, includes red flannel coat, trousers and hat with white nylon string whiskers, mustache, eyebrows, belt, leggings, adult, one-size-fits-all, \$40. Call 657-0584.  
**For Sale:** Portable baby cribs, pack-

n-plays, children's furniture, toys, games, books, bouncy chairs, diaper change tables, 8' x 10' ABC area rug, 8' x 10' English/Spanish colors area rug, sleeping mats and more. Great for daycare business or at-home daycare. Call 661-6055 between 7 a.m.-6 p.m.

**For Sale:** Christmas tree, 18 inches, \$10; Pro-Form treadmill, \$100, bookshelf, can be used as desk, entertainment, light wood, \$75; corner curio cabinet, glass, \$60; sleeper sofa and loveseat, light brown, \$95. Call 241-1291.



Rocco Dining Facility Menu

Building 2745, Schofield Road

Dining Room Breakfast Hours:  
Monday-Friday 6:15-8:15 a.m.,  
weekends and holidays 8-9:30 a.m.

Friday – Nov. 19  
Lunch – 11 a.m. to 1 p.m.  
Barbecued spareribs, fried catfish,  
baked chicken, teriyaki chicken,  
rigatoni and cheese, parsley-but-  
tered red potatoes, carrots, broccoli  
Dinner – 5 to 7 p.m.

Saturday – Nov. 20  
Lunch – noon to 1:30 p.m.  
Salisbury steaks, beef stir fry, sweet  
and sour chicken, cheese manicotti  
Dinner – 5 to 6:30 p.m.

Sunday – Nov. 21  
Lunch – noon to 1:30 p.m.  
Italian-style veal steaks, roast pork  
loin, barbecued pork loin, cheese  
ravioli, spaghetti noodles, fried rice,  
mashed potatoes, baked potato  
halves, green beans, stewed toma-  
toes and okra, carrots, corn  
Dinner – 5 to 6:30 p.m.

Monday – Nov. 22  
Lunch – 11 a.m. to 1 p.m.  
Spaghetti with meat sauce, black-  
ened catfish, Swiss steak with  
brown gravy, eggplant parmesan,  
spaghetti noodles, harvest brown  
and wild rice, red potatoes  
Dinner – 5 to 7 p.m.

Tuesday – Nov. 23  
Lunch – 11 a.m. to 1 p.m.  
Lemon baked fish, beef enchiladas,  
cheese enchiladas, Monterey chick-  
en, grilled liver and onions, Mexican  
rice, rice pilaf, fried potatoes and  
onions, steamed potatoes  
Dinner – 5 to 7 p.m.

Wednesday – Nov. 24  
Lunch – 11 a.m. to 1 p.m.  
Apple-glazed corned beef, baked  
chicken, barbecued chicken, bread-  
ed pork fritters, cheese ravioli, sweet  
potatoes, paprika-buttered pota-  
toes, parsley-buttered egg noodles,  
cabbage, mixed vegetables, aspara-  
gus  
Dinner – 5 to 7 p.m.

Barbecued beef cubes, chicken cor-  
don bleu, roast pork with onion  
gravy, roast pork loin, broccoli  
quiche, buttered egg noodles,  
steamed potatoes, paprika-buttered  
potatoes, black-eyed peas, cauli-  
flower combo, green beans

Menus are subject to change without  
notice

Thanksgiving Day Dining  
Facilities Meal Hours

Rocco Dining Facility Hours –  
Breakfast 6:15-8:15 a.m., Lunch  
noon-2 p.m., Dinner 5-6:30 p.m.  
Slagel & METC Dining Facilities  
Hours – Breakfast 6-8 a.m., Lunch  
noon-2:30 p.m., Dinner 5-6:30 p.m.  
Camp Bullis Dining Facility closed  
Nov. 25-28, Thanksgiving Meal will be  
served Nov. 24 – Breakfast 6-7:30  
a.m., Lunch 11:30 a.m.-1 p.m., Dinner  
5-6 p.m.  
Holiday Meal Rates are \$5.95 for  
E1-E4 and the family members, \$7 for  
all others.

Thanksgiving Lunch Meal

Cream of broccoli soup, home-  
made vegetable soup, shrimp cocktail,  
holiday eggnog, roast turkey, baked  
ham with pineapple glaze, steamship  
round, Cornish hens, cornbread dress-  
ing, macaroni and cheese, mashed  
potatoes, sweet potatoes, glazed baby  
carrots, green beans with mushrooms,  
buttered corn, pumpkin pie, apple pie,  
sweet potato pie, carrot cake, rocky  
road cake